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Fort Sam Houston – Home of Army Medicine

July 7, 2005

Briefs . . .

A/T travel requirements

Military personnel and Department of Defense civilians traveling outside the United States, its territories and possessions are required to have a destination country update within two months of travel and Antiterrorism Awareness Training (Level I) within 12 months of travel. This applies whether people are on leave, pass or temporary duty. The requirement can be found in Army Regulation 525-13. For more information, contact a unit antiterrorism adviser or the Fort Sam Houston Antiterrorism Office at 295-0535 or 295-0509.

LAO offers help

The Army Materiel Command Logistics Assistance Office can help commanders improve and sustain the readiness of Army materiel systems and logistics support while in garrison and during mobilization and other contingencies, to include natural disaster relief missions. The local office is located in Building 1000 (old Brooke Army Medical Center) on the third floor. For more information, call Heriberto Rodriguez, AMC LAO administrative officer, at 295-6373.

Changes of command 187th Medical Battalion

Lt. Col. John Collins will transfer command of 187th Medical Battalion to Lt. Col. Patricia Darnaur at a change of command ceremony today at 8 a.m. at the MacArthur Parade Field. Inclement weather site is Blesse Auditorium at 11:45 a.m.

470th MI Bde.

The 470th Military Intelligence Brigade will have a change of command July 22 at 8:30 a.m. at the MacArthur Parade Field.

Running routes

The designated run routes for Fort Sam Houston will not be manned Friday from 5:30 to 6:30 a.m. Units running on these routes must exercise caution and use road guards. For more information, call 221-4227.

Let freedom ring



Photo by IElaine Wilson

Frank Rohrbough, color guard commander for the San Antonio chapter of the Sons of the American Revolution, rings a bell 13 times as a tribute to the original 13 colonies. "Today we pay tribute to our Soldiers, Sailors, Marines and Airmen across all military services who, along with their families, are making significant sacrifices in the war on terror," said Knox Duncan, president of the SAR Boerne chapter. See related article, Pages 16 and 17.

AUSA symposium touches on initiatives, medical issues

By Jerry Harben Medical Command Public Affairs Office

More than 1,200 Army medical professionals gathered in San Antonio June 27 to 30 for the annual AUSA Medical Symposium sponsored by the Association of the U.S. Army and Medical Command. They heard key Army leaders explain initiatives and discussed medical issues in a variety of break-out groups.

"When these young Soldiers come in, train them hard, but give them respect," said Gen. Richard A. Cody, vice chief of staff of the Army. "In this nation of 280 million people, less than 80,000 will raise their hands this year and say, 'America, in your time of need, send me.' That deserves respect and appreciation."

Cody explained Army initiatives related to transformation, base realignment and closure and recruiting.

"This all-volunteer Army is going to be OK," he said. "This Army is strong because of our investment in leadership, because of who we bring into the Army and how we take care of them. It is strong because America supports us."

During a lively presentation, First Army Commander Lt. Gen.

Russell L. Honore compared Soldiers to sheepdogs guarding the flock against wolves.

"You have to take care of the sheepdog," Honore said.
"Because, how you care for the sheepdog sends a message to the wolves, and to the next generation of sheepdogs."

Sgt. Maj. of the Army Kenneth Preston told senior NCOs at the symposium the Army is implementing three strategic initiatives: to increase the number of deployable units, to rebalance the force from a Cold War structure and to increase the active duty force by 30,000 Soldiers.

"We are in a window of opportunity," Preston said. "After deployment, we reset units into the new configuration. Between now and 2010, the Army, active and reserve component, will be entirely transformed."

MEDCOM Command Sgt. Maj. David Eddy discussed the challenges of current operations.

"When we complete transformation, we are going to have the force structure we need to maintain this (operational tempo),"

See AUSA on Page 4



Army Soldier Show 'Operation America Cares'

Army Soldier Show will present a 90-minute song and dance production, "Operation America Cares," today at 7 p.m. at the Municipal Auditorium, 100 Auditorium Circle. The event is free and open to the public. The show will focus on how Soldiers deal with the stresses of war and long deployments, and the importance of giving deployed Soldiers a touch of home.

DoD increases death gratuity, SGLI

The Department of Defense announced Friday a significant increase in the death gratuity for the survivors of service members killed in action and the Servicemembers' Group Life Insurance coverage for service members deployed to designated combat zones.

The Emergency Supplemental Appropriations Act for Defense, the Global War on Terror and Tsunami Relief Act 2005 (Public Law 109-13) increases this immediate cash payment from \$12,420 to \$100,000 for survivors of those whose death is as a result of hostile actions and occurred in a designated combat operation or combat zone or while training for combat or performing hazardous duty.

The supplemental also increases the maximum amount of SGLI coverage from \$250,000 to \$400,000 for all service members effective Sept. 1, 2005, and provides that the department will pay or reimburse the premiums to service members who are deployed in a designated combat zone for \$150,000 of SGLI coverage.

Until the effective date for the SGLI increase, the supplemental provides for a special death

TSP 'open seasons' are eliminated

The restrictions of having only two open seasons each year for civilian and military members to sign up for, stop, resume or change their Thrift Savings Plan contributions ended June 30.

Public Law 108-469 went into effect Friday, eliminating restrictions on contribution elections that have always been

Ethics Training

Ethics training for U.S. Army Medical Department Center and School and Fort Sam Houston Garrison units are July 29 and Aug. 31 at 9 a.m. in Blesse Auditorium, Building 2841. The training takes about one hour.

The Secretary of the Army requires every Soldier and civil service employee to attend ethics training annually. The staff judge advocate and officials from the AMEDDC&S and post will present the training and maintain sign-in rosters for commanders and supervisors to verify attendance of their employees. People can access the sign-in rosters by opening the Adobe Acrobat Reader and the SJA ethics roster folder on the G drive. For more information, call Gerald Krimbill, Shelby Tanner or Capt. Brian Underdahl at 221-2373 or 221-0485.

tied to TSP open seasons, officials said.

The elimination of open seasons affects civilian and military members who are eligible to contribute to TSP in the following ways:

- Gives people more flexibility in managing their TSP contribution amounts depending on their personal situations.
- Civilians can now make 26 or 27 TSP contribution elections per year (based on pay periods) and service members 24 per year.
- Contribution elections submitted on or after Friday will be effective at the beginning of the pay period following the one in which the election is submitted.

What hasn't changed is the contribution limits set for 2005, officials said.

Employees may continue to contribute to TSP based on the system they are cur-

rently under for 2005 -- Civil Service Retirement System, 10 percent; Federal Employees' Retirement System, 15 percent; or the military pay system, 10 percent.

The law eliminating open seasons does not eliminate the waiting period that newly hired or rehired FERS employees not previously eligible must serve before they can begin to receive agency contributions. Participants who make an in-service financial hardship withdrawal may not make TSP contribution elections for a sixmonth period following the withdrawal.

For more information, go to www.tsp.gov.

(Source: Air Force Personnel Center News Service)

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Army Medical Department Center and School and Fort Sam Houston Commander Maj. Gen. George W. Weightman **Garrison Commander** Col. Garry Atkins **Public Affairs Officer** Phillip Reidinger **Public Information Officer** Yolanda Hagberg Editor/Writer Elaine Wilson Staff Writer Shadi May Lavout Artist Lori Newman

Changes of command

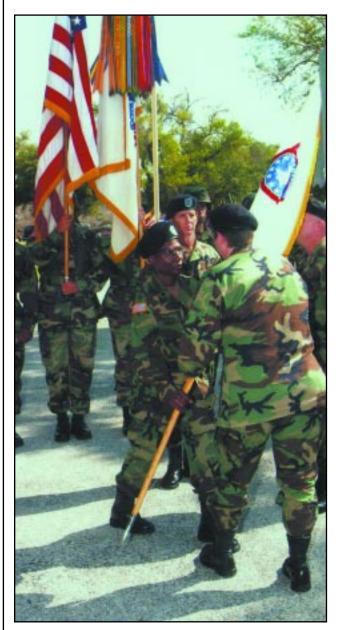


Photo by Ed Dixon

Col. Dorothea Wallace, 5th Recruiting Brigade commander, transfers command of the 5th Medical Recruiting Battalion to Lt. Col. Clodeth Findlay June 24 at the 5th U.S. Army Quadrangle. The outgoing commander is Lt. Col. Rafael Montagno. The battalion, headquartered at Fort Sam Houston, is responsible for recruiting applicants for the Army's Medical Department.



Photos by Douglas Meyer

Lt. Col. William Grimes (right), battalion commander, 61st Multi-Functional Medical Battalion (Provisional) stands by as Capt. Cassandra Mims, incoming commander for the 418th Medical Logistics Company returns the company guidon to the first sergeant of 418th Med. Log. Co., 1st Sgt. Gwendolyn Mason, at the change of command ceremony June 12 at the main post flagpole. Outgoing commander is Capt. Pablo Rivera (center). The 418th Med. Log. Co. provides direct support for medical supplies, fabrication and repair of optical lens and medical equipment and maintenance to division and medical units.



(From left) Capt. Michael Peacock, outgoing commander, relinquishes command of 591st Medical Logistics Company to Lt. Col. William Grimes, battalion commander, 61st Multi-Functional Medical Battalion (Provisional), during the change of command ceremony June 23 at the main post flagpole. The 591st Med. Log. Co. provides direct support for medical supplies, fabrication and repair of optical lens and medical equipment and maintenance to division and medical units. Incoming commander is Capt. Degratious Jenkins.

Overseas basing changes mean less troop stress

By Sgt. 1st Class Doug Sample, USA American Forces Press Service

WASHINGTON – The plan to relocate troops from overseas bases back to the United States as part of the Defense Department's Global Defense Posture Realignment will mean less stress on military people and their families, DoD officials told a Senate Appropriations subcommittee here June 28.

"Changing the way in which we posture our forces was driven in large part by the president's and secretary's desire to relieve stress on our military forces and their families by providing more stability at home, with fewer overseas move and less disruptions," said Ryan Henry, principal deputy undersecretary of defense for policy before the Senate Military Construction and Veterans Affairs Subcommittee. "Posture changes will help reduce double separations—those caused when accompanying dependents are separated from both their service member and their loved ones in the U.S."

The Global Defense Posture Realignment is an initiative President Bush announced in August 2004 to station and deploy troops from bases within the United States, while lessening the country's footprint in other nations. The 10year plan calls for returning up to 70,000 troops and 100,000 family members and civilian employees currently based overseas to the United States.

Already, the Pentagon plans to move

Army units from Korea and Germany to Fort Carson, Colo.; Fort Riley, Kan.; and Fort Bliss, Texas, beginning in 2006.

Some senators expressed concerns about where units will be placed upon their return, and what affect thousands of troops will have on local communities, transportation, housing and schools.

Philip Grone, deputy undersecretary of defense for installations and environment, told the panel DoD has studied those issues, consulting with state and local governments and school districts that might be affected.

"Certainly with regard to housing, our preference is to rely — as is our standard housing policy — on the community first," he said.

"Based on what we know, particularly for the three locations where we have the bulk of the forces returning from abroad - Fort Carson, Fort Riley and Fort Bliss - and based on our existing housing privatization efforts at all three of those locations, we believe that there is sufficient market availability there to accommodate returning forces," Grone told the senators.

On the issue of schools, Grone said the department has been "intensely engaged" in consultations with school systems to ensure those facilities won't be adversely affected by the influx of new students. He said the department would continue those consultations through the summer, "So that when we get to the school year '06 next year, we'll be as integrated as we can be."

Where various units will be stationed upon return, Grone said, was determined by the unit, location and time. In the meantime, he said, there will be a mix of "permanent or temporary bases," adding that facilities will be made available in a phased plan over a "four- to five-year period." "We are working particularly with the Army on standardizing our facilities design so that they can be site-adapted at any location; to use commercial construction standards — all of which is designed to make permanent facilities more quickly and more readily available to returning forces," Grone said.

He also noted that depending on the unit, temporary billeting for single enlisted personnel may be required.

Though DoD plans "to move out aggressively to provide permanent facilities as quickly as we can," Grone said, he added that the department needs full authorization and appropriation of its budget requests from Congress.

"So if we have the resources available, we can certainly accelerate," he said. "And we'll move out as expeditiously as you desire to ensure that we have facilities in place for our people."

Off-limits establishments

Pursuant to Army Regulation 190-24, OPNAVINST 1620.2A, AFI 31-213, MCO 1620.2C, and COMDTINST 1620.1D, Armed Forced Disciplinary Control Boards and Off-Installation Liaison and Operations, the following establishments located in San Antonio have been placed off-limits to armed forces personnel by the San Antonio Armed Forces Disciplinary Control Board to help maintain the health, morale and welfare of armed forces personnel. Soldiers entering off-limits establishments may be subject to disciplinary action per applicable service regulations and the Uniform Code of Military Justice:

Establishment/Area **Address** Effective Date Cracker Box Palace 622 W. Hildebrand Sept. 1, 1997 Sept. 29, 1999 *Planet K 5619 Evers Rd. Planet K 1015 E. Mulberry Planet K 2803 Goliad Rd 2138 Austin Highway Planet K 13307-A US 281 N **Club Senses (formerly X/S) Feb. 21, 2001 * Includes all locations in Bexar, Atascosa, Wilson, Guadalupe, Comal, Kendall,

Medina and Bandera counties.

** Also includes any off-site locations when used to host an X/S-sponsored event.

BAMC program helps WHMC patient

By Sue Campbell 59th Medical Wing Public Affairs

LACKLAND AIR FORCE BASE, TEXAS -- A

Brooke Army Medical Center program for amputees recently brought encouragement and support to a Wilford Hall Medical Center patient.

On May 29, a San Antonio resident was standing between two vehicles on a city street when a drunk driver plowed into one of the cars, crushing his legs between the two. The accident resulted in the loss of both legs.

"We had another bilateral amputee patient a few months ago, and while he was recovering here I realized that, while we do a wonderful job of patching these patients up physically at Wilford Hall, I believed we could do better in addressing their mental and psychosocial rehabilitation," said Maj. Patricia Bradshaw, critical care clinical nurse specialist in the 759th Surgical Operations Squadron. "They need to believe there's still quality of life after this type of injury."

Bradshaw and Navy Lt. Cmdr. John Bini, staff general

and trauma surgeon at Wilford Hall, heard about a BAMC program for amputees that they thought would benefit their patient. They arranged for a "veteran" amputee to come out to Wilford Hall and pay him a visit.

BAMC opened their new amputee care center in January. One of the programs associated with the center is the amputee peer program.

"We started training members immediately after the center opened. You have to be an amputee to be a member," said Dan Blasini, registered nurse case manager for BAMC Amputee Services. "Some members were wounded recently and some are Vietnam vets. They listen, encourage and bond with the patient. I can't fathom what it feels like to lose a limb, but these guys know firsthand, and the new amputees really appreciate their visits. They give psychological support and understand the different stages of therapy and the emotions these guys are experiencing."

Army First Sgt. Daniel Seefeldt lost a leg after being injured in Baghdad in September 2004. He heard about the amputee peer program while undergoing therapy at BAMC in February and signed up for the one-day course

that would make him an official member. He visited the Wilford Hall patient on June 16.

"An amputee served as my peer when I was first in therapy, and I told myself I wanted to do the same thing," Seefeldt said. "I like helping other people, and this gives me a chance to do that. The two most important points I try to stress to every amputee is that therapy is the most important thing and that they will still be able to do just about everything they used to do."

Bradshaw and Bini, in conjunction with Wilford Hall Trauma Services, are committed to looking at ways to continually expand the treatment given to trauma patients here.

"This type of injury is significantly life altering and encompasses every aspect of a person's existence," Bini said. "In order to facilitate recovery, it is our job as providers to recognize and address all aspects of these injuries — physical, psychological, emotional and spiritual. In order to do this, recognition of these aspects, early aggressive pain management and this type of counseling are key to providing world-class care to our patients."

Increase-

Continued from Page 1

gratuity of \$150,000, retroactive to October 7, 2001, for survivors of those whose death is in a designated combat operation or combat zone or occurred while training for combat or performing hazardous duty.

The Secretary of Defense has designated all areas where service members are in receipt of the combat zone tax exclusion as qualifying combat zones, and all members deployed outside the United States on orders in support of operations Enduring Freedom or Iraqi Freedom as participating in qualifying combat operations.

Effective immediately, survivors of service members who die in these qualifying zones or operations will receive the increased benefits.

The services will also identify eligible survivors of service members who died in these designated zones and operations since October 7, 2001, and begin making the retroactive payments.

The process of identifying all eligible beneficiaries and completing these retroactive payments will take several months

Survivors of members who did not die

in a designated combat operation or combat zone, but were training for combat or performing hazardous duty, will also qualify for the increased benefits.

Circumstances that qualify include: aerial flight, parachute duty, demolition duty, diving duty, war games, practice alerts, tactical exercises, leadership reaction courses, grenade and live fire exercises, hand-to-hand combat training, confidence and obstacle courses, accident involving a military vehicle or military weapon, exposure to toxic fumes or gas and explosion of military ordnance.

These death benefit enhancements recognize the direct sacrifice of life of those service members placed in harm's way and in service to the nation.

All beneficiaries for retroactive payments will be contacted by mail or telephone. For more information or to inquire about eligibility for benefits, contact:

Army: Department of the Army Casualty Operations at (800) 626-3317

Navy: Navy Personnel Command (PERS-62), 5720 Integrity Drive, Millington, TN 38055-6200, or call (800) 368-3202

Air Force: Air Force Personnel Center Casualty Services Branch at AFPC/DPFCS, 550 C Street West, Suite 14, Randolph AFB TX 78150-4216, or call (800) 433-0048

U.S. Marine Corps: HQMC Casualty Office, 3280 Russell Road, Attn: MRPC, Quantico, VA 22134, or call (800) 847-

1597

U.S. Coast Guard: Coast Guard Personnel Services Center, 444 SE Quincy St., Topeka KS 66683-3591, or call (785) 339-3570

(Source: DoD News Release)

AUSA-

Continued from Page 1

Eddy said. "We must endure the challenges we face, so the next generation can enjoy the benefits of our labor."

Saying he had never seen a more challenging time than today, Lt. Gen. Kevin C. Kiley, Army Surgeon General and MED-COM commander, listed many activities requiring the attention of the AMEDD, to include care for medical holdover Soldiers, improving the professional filler system, providing family care, measuring productivity, transformation, Base Realignment and Closure and formation of an Army Reserve medical command. Above all, he emphasized, lies the mission of an AMEDD at war.

Other featured speakers included Gen. Benjamin S. Griffin, commander of Army Materiel Command; Lt. Gen. David F. Melcher, deputy chief of staff, G-8; and Maj. Gen. N. Ross Thompson III, director of program analysis and evaluation in the office of the deputy chief of staff, G-8.

Tracks for small-group discussions included the lessons-learned process in Operation Iraqi Freedom; the Sperandio plans, operations, intelligence and training conference; resource management training; senior leaders; senior NCOs and corps-specific subjects.

Proceedings from the symposium will be posted at

http://AKO@www.us.army.mil on the World Wide Web.

Discussions during the symposium ranged widely over the theme, "Army Medical Department: At War and Transforming."

Kiley said all AMEDD activities are important. "The Army, Department of Defense and the nation trust us to get this right," he said.

Survey seeks employee input in shaping civilian personnel system

By Donna Miles American Forces Press Service

WASHINGTON D.C. – Civil service employees who will soon come under the new National Security Personnel System have another opportunity to help shape the program.

The new National Security Personnel System Factor Survey gives General Schedule employees the chance to register their views about several performance factors identified for inclusion in the new personnel system.

"Now we need your assistance to ensure that these performance factors are relevant and reflect work that you personally perform on your job," Acting Deputy Secretary of Defense Gordon England wrote in a June 29 memo to DoD civilian employees.

England emphasized the importance of the survey in his memo. While stressing that participation is voluntarily, he urged civil service employees to participate. "I thank you for your feedback and participation in the NSPS design process thus far," he wrote. "We still need your help."

The survey period began Wednesday and continues through July 20.

Charles Abell, principal deputy undersecretary of defense for personnel and readiness, urged employees to take the 15 or 20 minutes required to complete the online survey to ensure that their views are known.

Views expressed in the survey will have long-term implications, Abell said during an interview Wednesday with the Pentagon Channel. The results will help program implementers determine what factors will be used to evaluate employees' job performance for the next 15 or 20 years, he said.

"It's an opportunity for (employees) to have a voice in the system that they are going to be living under and to make sure that we get it right," said Mary Lacey, program executive officer for the National Security Personnel System.

"And we want to get it right," Lacey said. "We want to hear what employees have to say, and we want them to be a part of our design process."

Lacey said system designers are particularly interested in hearing from civil service employees who have been part of DoD personnel demonstration programs. "They bring to the table real experience in a system that has National Security Personnel System-like features," she said. "So we think their input will be incredibly valuable."

Meanwhile, progress continues in putting the new personnel system in place. The current goal is to publish the final regulations in the Federal Register by summer's end

and begin bringing the first employees into the system by the end of the fiscal year, Lacey said.

However, she stressed, the implementation schedule will be "event-driven," and "we are not going to take certain steps until we are ready."

Once in place, the new personnel system is expected to benefit the Defense Department and its civilian employees alike by doing away with outdated, bureaucratic policies.

"DoD is a dynamic institution," Abell said. "Our mission has changed, our focus has changed, and this will allow the civilian-employee workplace to change with that changing mission and changing focus of our leadership."

One of the system's key features is a pay-for-performance plan that rewards and recognizes individual performance and contributions.

The new system also will enable employees to get more involved in their individual career development, with broad pay bands and occupational groupings giving them more flexibility to shape their careers, Lacey said.

The result, Abell said, will be a workplace that's "more productive (and more) efficient, with our jobs aligned with our mission." Once the system is implemented, DoD "ought to be a happier place to live and work," he said.

Ethics affect job searches, post-government employment

By Shelby Tanner

<u>Army Medical Department Center and School</u>
and Fort Sam Houston ethics counselor

Military and civilian employees planning to leave government employment for private employment need to know how federal ethics laws may affect them, both during a job search and in post-government employment. Any discussion of employment, even if tentative, is negotiating for employment. Something as simple as going to lunch to discuss future prospects could be the basis for a conflict of interest.

If you are seeking employment with a person or company whose financial interests would be directly affected by an official matter you are working on, you must first disqualify yourself by sending a disqualification memo to the person responsible for your assignment. You cannot do further work on the official matter. These

steps must be taken before you contact the potential employer or you have violated 18 U.S.C. §208, a criminal conflict of interest statute. Your ethics counselor can help you prepare the disqualification memo and advise you on how to proceed.

While you can start employment on terminal leave, the same is not true for permissive temporary duty or other transition leave. Beginning a job with another employer during terminal leave is treated the same as off-duty employment. Your exclusive loyalty remains with the government until your retirement pay date.

All officers and employees are prohibited from representing anyone in a U.S. forum or in any claim against the government. Military officers are also prohibited from holding a state or local government office or otherwise exercising sovereign authority during terminal leave.

You may accept travel expenses — travel, meals and reimbursements — to

attend job interviews if such expenses are customarily paid to job applicants. You may use an employment search firm and obtain letters of recommendation; however, you may not use "non-public information" to further your own private interests or the private interests of any other person or company. During your job search, you must be careful not to misuse government resources such as official time, the services of other employees, equipment, supplies and restricted information.

As you look for a job, you should keep in mind the restrictions that will apply after you leave the government.

If you were involved in a government procurement of more than \$10 million in value within the last year, you may be banned from going to work for that contractor for one year. The ban does not apply to accepting compensation from any division or affiliate of the contractor that does not produce the same or similar

products or services as involved in the procurement. An ethics counselor should be consulted for details regarding this ban.

Other ethics laws restrict what you may do after your government employment. For example, you are prohibited for life from trying to influence a federal employee on any official matter involving nonfederal parties in which you participated personally and substantially while working for the government. There is a similar two-year ban from trying to influence a federal employee on a matter involving non-federal parties that was under your official supervision during your last year of active duty.

There are also restrictions concerning foreign employment and "senior" employees. For more information and guidance, call an ethics counselor for the Army Medical Department Center and School and Fort Sam Houston at 221-2373 or 221-0485

DoD cautions service members against 'loan-shark' lenders

By Terri Lukach American Forces Press Service

WASHINGTON, D.C. – The Defense Department has launched a new effort to educate service members about the dangers of borrowing from "loan-shark" lending companies and to teach them how to avoid ending up in a spiral of compounding debt, a DoD official said.

The most prevalent type of loan-shark lending affecting military personnel is what is known as "payday loans," said John M. Molino, deputy undersecretary of defense for military community and family policy. "A payday loan is essentially a plug — money that gets you from today to the next payday so you can cover your bills." The problem is that money is very expensive, Molino said in an interview.

"Typically, a payday loan of \$100 will cost the borrower \$17 for two weeks. The average payday loan is about \$500, so now we're talking about a fee of \$85.

"By itself, that's not a big problem," Molino said. "However, when you consider that it is not uncommon for that military member to roll the loan over four or five times, that \$85 will grow exponentially to the point where you are paying an enormous amount of money for the relatively meager amount of the loan.

"It got you through payday, but if you weren't able to pay it off, now it's two more weeks, and two more weeks, and you're paying nearly 500 percent interest annually. That's a lot of money to pay," he said.

Considering that about 9 percent of all enlisted personnel and 12 percent of all

mid-level NCOs use payday loans, the potential for detrimental impact on mission accomplishment is very real, Molino said.

"If you're in debt, you have other things in mind. You're doing things other than concentrating on the mission; maybe you're taking on other employment. The effects are long-lasting and go deep into a person's performance; it affects unit readiness," Molino said.

Part of the problem is the proximity of payday lenders to military installations. "If you look at where they position their businesses, they are right outside the gate," Molino said. A recent study of 15,000 payday lenders in more than 13,000 ZIP codes in 20 states that host military installations revealed that payday lenders open their storefronts around mili-

tary installations.

Molino said the department is taking steps, such as hosting fairs at military installations, to educate military members about the dangers of payday loans and familiarize them with ways to put themselves and their families on a sound financial footing.

"We can make soldiers smarter," he said. "We can make them better consumers; we can teach them how to save for a rainy day, so when they need to borrow they can — and pay themselves back, at no interest. We are also doing something about payday lenders."

Molino said his office is watching them closely, looking at behaviors and patterns that are inconsistent with state law and encouraging states to pass laws that are

See **LOAN SHARKS** on Page 6

MEDCOM names its NCO, Soldier of the year

Story and photos by Jerry Harben <u>Medical Command Public Affairs</u> Office

Sgt. Jamie C. Norton is 2005 Medical Command's NCO of the Year, while its Soldier of the Year is Spc. Javier L. Najera. They were selected during a competition held June 21 to 24 at Fort Sam Houston.

Among the 20 competitors were Spc. Mossaab
Benhammou, a Fort Sam
Houston food inspector who represented Veterinary
Command, and Sgt. 1st Class
Robby Mack and Spc. Tara
McGinnis, representing the
Army Medical Department
Center and School.

Norton is an optometry technician at Womack Army Medical Center, Fort Bragg, N.C. Najera works in the microbiology section at Madigan Army Medical Center, Fort Lewis, Wash. They will compete against

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other major Army command winners at Fort Lee, Va., in September.

All competitors first passed a written test, the Army Physical Fitness Test and wrote an essay about Army values. They then completed day and night land-navigation courses, and demonstrated hands-on skills in a series of tactical scenarios at Camp Bullis. The tasks included controlling access to a secure area, treating wounds and chemical casualties in the field, transporting casualties and loading an ambulance for evacuation, preparing a firing position, land navigation and tactical use of a radio.

"It was challenging," said
Norton. "All the contestants
were squared away. I had a
good time." Both winners
described the competition as
tough, thanked their families
and chains of command for
support and pledged to do their
best representing MEDCOM in
the Army-wide competition.

AMEDDC&S instructors served as evaluators for the hands-on tests, while Soldiers awaiting training supported the tests by portraying casualties, Soldiers or local citizens in the scenarios.

"It could not have been done without the support of Echo Company at Camp Bullis," said Sgt. 1st Class Jomo Gordon, who oversaw the hands-on competition.

Competition actually began last year when local units selected their best Soldiers and NCOs. Local winners competed in each of six regional medical commands. The regional winners then joined representatives of Dental Command, Veterinary Command, the AMEDDC&S and Medical Research and Materiel Command for the finals at Fort Sam Houston.

"This is important to develop leaders," said Command Sgt. Maj. David Eddy, command sergeant major of Medical Command. "And it gives recognition to our top people, but it's not just about them. The whole Army Medical Department will benefit from the experience they are gaining. They will take that experience home and use it as a training modality for their troops."

The winners each received a Meritorious Service Medal, two \$1,000 Savings Bonds, a trophy and the choice of future assignment.

All competitors received certificates and coins from the MEDCOM commander and command sergeant major.



Photos by Jerry Harben

Sgt. Jamie C. Norton (left) and Spc. Javier L. Najera receive recognition as the Medical Command's 2005 NCO of the Year and Soldier of the Year, respectively, during a banquet at the Sam Houston Club on June 27.



Sgt. 1st Class Robby Mack, from the Army Medical Department Center and School, briefs a squad before beginning one of the combat lane problems.

Loan Sharks

Continued from Page 5

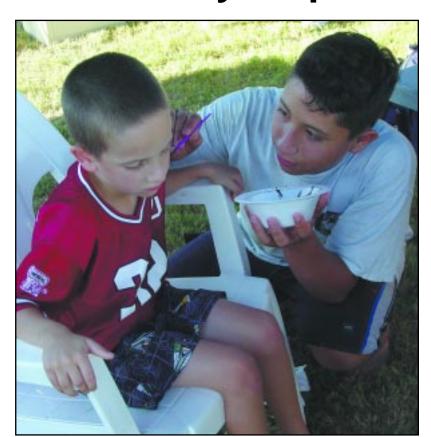
not only friendly to service members but also require honesty and discipline on the part of payday lenders.

Molino cited Georgia, Florida and Oklahoma as examples of states that have taken positive

action against payday lenders. Last year Georgia passed legislation that eliminated payday lending from the state, he said, while Florida and Oklahoma now require a 24-hour waiting period between payday loans, thus eliminating rollovers and multiple loans.

"We believe we need to work hard to limit the impact of payday lenders, but the real answer is to help our service members and their families get control of their own finances to be in charge of their future," Molino said.

Local military hospitals welcome residents with big splash

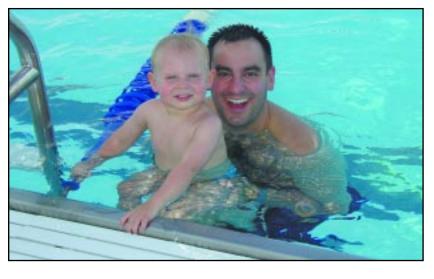


Photos by Nelia Schrum

(Above) Christian Conger gets his face painted by Gabriel Lopez during a pool party at the Fort Sam Houston pool June 29. The event was sponsored by Brooke Army Medical Center and Wilford Hall Medical Center, along with community sponsors, Bank of America Military Bank and the Greater San Antonio Chamber of Commerce, to welcome incoming residents and their families to San Antonio.



Sidney Murray and other staff's children enjoy their time in the children's big bounce.



Brooke Army Medical Center resident Capt. Shelly Ferrell and his son, David, take a dip in the pool.

New drill sergeant sniffs out trouble for C Co., 187th Med. Bn.

The individual entry Soldiers of C Company, 187th Medical Battalion heard the resounding bark of a new drill sergeant in their company area July 24. Although it was only her first day on the job, word quickly spread that this drill sergeant had an uncanny ability to smell fear on a Soldier that was up to no good.

The drill sergeant seemed to possess an almost inhuman embodiment of the Army value of loyalty, and got intense pleasure from chasing Soldiers around the company area.

Although the above qualities can be applied to every drill sergeant in the 187th Medical Battalion, there was something different about this one. From her size 3-anda-half-inch campaign hat to her modest 8-pound build, this was the smallest drill sergeant the battalion had ever seen.

Drill Sgt. Pumpkin, a 1-and-a-half-year-old Pomeranian, visited C Co. as part of the seventh annual "Take Your Dog To Work Day," which was created by Pet Sitters International to encourage pet ownership and promote finding good homes for homeless dogs.

Pumpkin's off-duty hobbies include chewing toys, chasing her friend, Mazel the cat, and going in and out the back door whenever someone is watching television. When asked what motivated her to be a drill sergeant, she said she "did it for the Soldiers, not the treats."

Pumpkin belongs to 1st Lt. Michael Oakes, the executive officer for C Co., 187th Med. Bn.

(Source: C Co., 187th Med. Bn.)



First Lt. Michael Oakes, executive officer for C Company, 187th Medical Battalion holds Drill Sergeant Pumpkin on Take Your Dog To Work Day.

Post enforces stray animal policy

In accordance with AR 40-905, below are highlights of Army Medical Center and School and Fort Sam Houston regulation 40-3 regarding stray animals:

- Provost Marshal personnel will capture stray animals and transport them to San Antonio Animal Control as set forth in the contract between San Antonio Metro Health Department and U.S. Army Garrison, Fort Sam Houston. Before transporting animals to the San Antonio Metro Health Department, PM personnel will scan for a microchip to identify those animals registered with the post veterinary treatment facility.
- San Antonio Animal Control will impound stray animals for three days if the animal's owner cannot be identified, and 10 days if the animal is microchipped or has some other form of identification. This time period will allow the owner to claim the animal.
- Using microchip identification, Fort Sam Houston VTF will attempt to contact owners of positively identified animals residing on post prior to the animal being taken to San Antonio Animal Control

It is required that all animals be registered at the Fort Sam Houston VTF if the owner resides on post. The VTF is available to answer all requirements of the regulation Monday through Friday from 8 a.m. to 4 p.m. at 295-4260.

As a reminder, the Fort Sam Houston VTF does not offer after-hour emergency services. Pet owners must call a civilian emergency veterinarian should an animal need attention after business hours.

(Source: Fort Sam Houston Veterinary Treatment Facility)

Year-round mosquitoes increase risk of heartworm

With San Antonio's warm winters and hot summers, mosquitoes are a year-round nuisance. It also means that heartworm disease is a year-round problem for pets.

Pet owners should have their dog tested for heartworms. If negative for heartworms, the veterinarian can administer an appropriate preventative to ensure the dog stays heartworm free. Dogs that test positive for heartworms have to undergo special treatments; however, treatment for heartworm positive dogs is expensive and is not 100 percent safe.

Prevention is the key and preventatives must be given on time to maintain a dog's health.

Per Army Medical Department Center and School and Fort Sam Houston Regulation 40-3, all Fort Sam Houston residents must have their dogs tested periodically and placed on veterinarian approved heartworm prevention.

For more information, people should contact their veterinarian or call Fort Sam Houston Veterinary Services at 295-4260. (Source: South Texas Branch Veterinary Services)

'Military Idol' opens competition for military vocalists

By Tim Hipps U.S. Army Community & Family Support Center

ALEXANDRIA, Va. – So you think you've got what it takes to be the next Carrie Underwood or Bo Bice? Perhaps you fancy yourself more along the lines of Fantasia or Ruben Studdard. "Military Idol" will give military members a chance to sing their songs like their American Idol predecessors on 34 Army installations around the world this summer, including Fort Sam Houston.

Performers have until July 22 to get involved in the competition based on the principles of Fox television's "American Idol" show. Local Military Idol competition will begin Aug. 1 and continue through Sept. 30. The finals week is set for Oct. 17 through 22, when local winners will compete at Alexander Hall on Fort Gordon, Ga.

Could you be the first Military Idol? Eligible contestants must be on active duty military status assigned to the local hosting installation, including members of all branches of service assigned on the installation. Active duty soldiers not assigned to the installation where they will compete also are eligible, but they must provide their own transportation.

Only vocalists need apply — there's no place in this contest for musicians, comedians, dancers, jugglers, etc.

Installation-level prizes include \$500 and temporary duty costs covered to compete in the Army-wide finals for the first-place winner, along with \$500 in

unit funds. Second-place performers will receive \$500 and third-place performers will receive \$250.

The Pentagon Channel will air

a 90-minute live broadcast of the Military Idol finals.

The local installations where Military Idol will be contested are Fort Sam Houston; Fort Myer, Va.; Fort McCoy, Wis.; Fort Leonard Wood, Mo.; Fort Carson, Colo.; Fort Lewis, Wash.; Fort Lee, Va.: Fort Eustis, Va.: Fort Sill. Okla.; Fort Irwin, Calif.; Fort Huachuca, Ariz.; Fort Jackson, S.C.; Fort Knox, Ky.; Fort Bragg, N.C.; Fort Gordon, Ga.; Fort Rucker, Ala.; Hohenfels, Wurzburg, Baumholder, Heidelberg, Weisbaden, Bamberg, Hanau, Ansbach and Darmstadt, Germany; Belgium; Camp Casey, Camp Walker, Yongsan, and Camp Humphreys, Korea; Schofield Barracks, Hawaii; Fort Richardson, Alaska; and Camp Zama, Japan.

Complete rules of the contest are available online at the competition's Web Site at

http://www.armymwr.org/home/Show_f ile.asp?fileID=141.

Summertime tips from housing

To ensure the safety of residents, particularly children, residents should ensure trampolines and pools are in fenced areas. Pools cannot be more than 18-inches deep. Additionally, residents should keep their gates locked, use safety nets with trampolines and cover their pools or empty them after use. Children must be properly supervised.

Pets are also valued residents of the community. All pets are required to be registered at the Fort Sam Houston Veterinary Clinic. Lincoln Military Housing requires a copy of the registration, vaccination paperwork and pet addendum to be on file. Pets must be in a fenced area if outside and cannot be chained or tethered. Pets should have adequate shelter, food and water while outside.

Due to the summer heat, residents need to ensure the air filters are changed regularly. The air conditioner thermostat should be set between 78 and 80 degrees to conserve electricity. Air filters should be changed every 30 to 60 days to protect the life of the air conditioner unit. Filters can be exchanged at Lincoln Military Housing's Maintenance Facility, Building 3882, Wilson Avenue.

10 July 7, 2005

Military skills course delivers advanced training

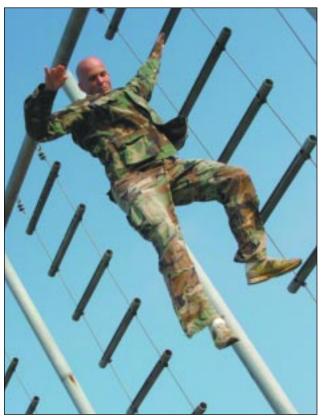
By Master Sgt. D. Keith Johnson

<u>U.S. Joint Forces Military Skills Training Center Public Affairs</u>

Officer

The U.S. Joint Forces Military Skills Training Center at Fort Sam Houston is sponsoring the 2005 Joint Forces Leader Development and Advanced Military Skills Training Course. The U.S. Army Reserve Command course began June 23 at Camp Bullis and runs through July 16.

The training, which is for officers with a reserve commission and cadets, includes 142 hours of advanced land navigation, rifle and pistol marksmanship, combat first aid, the Law of War, map reading, distance estimation, grenade throwing, fitness and nutrition, antiterrorism training, leadership, and demanding land and water obsta-



Photos by Master Sgt. D. Keith Johnson

U.S. Marine Corps Reserve Maj. Daryl Remick demonstrates his dismount techniques at land obstacle training during the U.S. Joint Forces Leader Development and Advanced Military Skills Training Course.

ADDRESS:

PHONE #:

CITY:

cle courses to include survival swimming.

By the end of the course, expert instructors, both active and reserve, from all services will have provided participants with more than 40 hours of land navigation, and over 20 hours each on rifle and pistol marksmanship. The participants will return to their units as resident experts to serve as instructors in the military skills taught during the course.

Maj. Jeff Carr, an Army reservist and former student, has high accolades for the program.

"This is the best military school I have ever been to in my life — bar none," he said. "It was the hardest, most strenuous and best soldiering school I have ever attended."

At the end of the three weeks, a select few of the top performers will not only be resident experts for their units, they will also have earned the opportunity to represent the United States and their units at NATO's 2005 Military Skills Competition in Elsenborn, Belgium, Aug. 2 to 5. Up to 200 reserve soldiers from 20 NATO and allied countries will assemble to compete for the top position in the joint warrior competition.

"The extraordinary Soldiers, Airmen, Marines and Sailors who report to this course call it a life-changing experience," said Army Reserve Lt. Col. Robert Thompson, from the U.S. Army Corps of Engineers and the training officer-in-charge for the center. "Our objective is not to qualify Soldiers, but for every person here to discover and reach their absolute highest potential in the critical military skills we teach here."

Commanders are encouraged to send their Soldiers to this advanced training, which promotes the goals and objectives of the Army Physical Fitness Program in addition to mastering critical military skills such as marksmanship and land navigation.

__ T-Shirt: (circle) S M L XL XXL

PARENT SIGNATURE IF UNDER 18

5K 28-Soldier Formation 2-Mile Walk

DATE



Sgt. 1st Class Adam Wong takes aim at a target with a laser-mounted M9 pistol during the U.S. Joint Forces Leader Development and Advanced Military Skills Training Course at Camp Bullis. Wong is from the 344th Military Intelligence Battalion, Goodfellow Air Force Base, Texas.



U.S. Army Reserve Sgt. Maj. Robert Payne helps Navy Midshipman Jake Rankinen with body positioning at live fire marksmanship training during the U.S. Joint Forces Leader Development and Advanced Military Skills Training Course. Payne, from the 108th Training Division (Institution Training), is the rifle marksmanship NCO in charge of the course.



STATE:__

Email:

MAIVER OF CLAIM (Must be signed and submitted with registration) I know that this event is a potentially hazardous activity I should not participate unless I am medically able and properly trained. I know that although police protection is provided, there is traffic on the course route. I assume the risk of being in traffic. I also assume any and all risks associated with doing this event including, but not limited to, falls, contact with other participants, the effects of weather, and the condition of the roads, all such risks being known and appreciated by me. As signer of the entry blank, being fully aware of these facts, and in consideration your accepting my entry, I do hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf covenant not to sue, and waive. I release and discharge THE CITY OF SAN ANTONIO, THE LOCAL OFFICIALS, VOLUNTEERS, FORT SAM HOUSTON, U.S. GOVERNMENT, and all sponsors including their agents, employees, or anyone for or on their behalf from any and all claims of liability for death, personal injury or property of any kind or nature or record of this event for any purpose. Application for minors is accepted only with a parent's or guardian's signature. I further understand that my entry is NONREFUNDABLE.

EVENT: (circle one) 10K Individual 10K 5-Person Guidon 5K Individual

HOW DID YOU HEAR ABOUT THE COMBAT MEDIC RUN?

☐ Internet ☐ Magazine ☐ Newspaper ☐ TV ☐ C

SIGNATURE

Civilian Active Duty Military Military Dependent

DATE

Register now for 25th annual Combat Medic Run

The 25th annual Combat Medic Run will be July 23 starting at 7:15 a.m. at the MacArthur Parade Field. Events include 5K and 10K individual runs, a five-Soldier guidon team event, a 2-mile fitness walk and a 5K Soldier formation run. Numerous awards will be present at the conclusion of the race. Anniversary T-shirts will be presented to all registered runners. Information on road or gate closures will be released at a later date. The event is open to the public. For more information, go to www.fortsamhoustonmwr.com.



Post practices year-round watering restrictions

As the heat and dryness of summer continue, the level of the Edwards Aquifer continues to drop between .3 to .5 feet per day. Even though San Antonio and Fort Sam Houston are not under any stage restrictions, both the city and Fort Sam Houston practice year-round watering restrictions. These restrictions include the following:

- No irrigation between 10 a.m. to 8 p.m. This includes reuse water. However, you may water during these hours if it is by means of a bucket, hand-held hose with a spray head, soaker hose or a properly installed drip irrigation system.
- No wasting water whether it is potable or reuse water. This refers to water running off into a gutter, the street or a drain.
- No car wash fundraisers are allowed. In addition to the above, water can be conserved through the use of "water wise" tips as outlined below:

In the kitchen

• Scrape food from plates into the trash, rather than using water to wash food

down the disposal.

- While waiting for hot water at the faucet, use the cool water for plants or other uses. Also, don't run the water full force
- Don't leave water running to clean food from pans. Let the pan soak first.
- Turn off the water when washing dishes. Consider rinsing dishes in a dishpan filled with water. This water can then be reused to water plants in the garden.

In the laundry room

- Use a laundry booster and less detergent to keep garments free of soap residue thus requiring less washing time.
- If the washer has small-load settings, use it for loads that aren't full, or wash full loads only.
- Consider purchasing a front loading washing machine. They use 40 percent less water, and clothes last longer due to the gentle tumbling action. They also use less detergent.

In the bathroom

• Use a low-flow showerhead -- they are easy to install and can save 6,000 gal-

lons of water per month, based on 10-minute daily showers for a family of four.

- As conditions allow, don't flush the toilet every time.
- If you have an older toilet, place a water-filled, 2-liter bottle in the tank to reduce water use. This can save another 100 to 200 gallons per month.
- Check toilets for leaks. Put some food coloring in the tank. Wait for five to 10 minutes. If you see color in the toilet bowl, you have a leak.
- While showering, reduce or turn off the water flow while shampooing or shaving. Turn it back up to rinse.
- Turn off the water when brushing teeth or shaving.

Fort Sam Houston's goal is to be a prudent steward of the environment and to protect our sole source of water, the Edwards Aquifer. Conserving water is essential to protection of this natural resource. For more information, call Jackie Schlatter at 221-5093.

(Source: Fort Sam Houston Environmental Office)

Water Conservation

Residential landscape watering should be accomplished using a handheld hose, soaker hose or a bucket no larger than 5 gallons. People should not water from 10 a.m. to 8 p.m. Wasting water or allowing water to run is prohibited at all times.

Some ways to conserve water:

- Place a stopper in the sink for washing and rinsing pots, pans and dishes. Scrape dishes clean instead of rinsing them.
- Fill up the dishwasher completely before you run the cycle.
- Keep a bottle of drinking water in the refrigerator and use ice so you will not have to run the tap water to cool it.
- Do not run the water while you clean vegetables; instead, rinse them in a sink of water.
- Use the garbage disposal sparingly.
- It is important to conserve electricity as well as water. People should keep their exterior lights off during the day.

(Source: Residential Communities Initiative)

Akeroyd Blood Donor Center needs apheresis donors

By Richard Willis Akeroyd Blood Donor Center

The primary mission of the Akeroyd Blood Donor Center is to provide whole blood in support of Brooke Army Medical Center and to the troops. The center also collects blood products such as red blood cells, platelets and plasma using an automated technology called apheresis.

The Akeroyd Blood Donor Center mission is mainly collecting platelets for BAMC and the Armed Services Blood Program. The process takes about two hours and a concentrated platelet pack is collected while the red blood cells are returned to the donor. A platelet product is only good for five days; therefore, management of collections can be very diffi-

cult, and there is great demand for them. An apheresis donation is the equivalent of six to eight individual donors donating whole blood to have the platelets for one transfusable dose. Platelets are used in people with bleeding problems or situations such as open-heart surgery, cancer and chemotherapy patients, burn victims and trauma patients. Transfusions from a single donor reduce the number of exposures to the patient. While whole blood donors are restricted to donating every 57 days, platelet donors can donate as often as every three days. Platelet donor criteria are very similar to that of whole blood donors:

- No trips to England more than three months and European countries more than six months cumulatively from 1980 to 1996
 - No history of cancer

- No tattoos or body piercing in the past year
- Patients must weigh more than 110 pounds
- Platelet counts must be 150K (this will be checked at the initial appointment)
- Hemoglobin more than 12.5 grams per deciliter of blood
- Must not take medications such as Ripfuel, Xenadrine or any medication with aspirin or Motrin
- Must know shot history for the past nonth
- No donations of whole blood in the last 57 days
 - No high risk behaviors

Soldiers who choose to donate will receive a certificate of achievement for each gallon donated (four apheresis donations equal 1 gallon). The certificate is worth five points toward promotion.

The center is looking for donors who can be scheduled on a return basis and be called in case of an emergency.

The new deferral criteria for Mad Cow disease and tours to England and Europe from 1980 to 1996 have had a tremendous impact on the Armed Services Blood Program. The center needs the support of three to four people several times a week to keep a steady flow of blood and blood products available for those in need. The blood donor center cannot solicit donations from the civilian sector, so the support of military members is crucial.

For more information about the process or to schedule an appointment, call Azeb Gordon or Richard Willis at the Akeroyd Blood Donor Center at 221-4566 or 221-4989.

Humana Military begins new heart disease program

LOUISVILLE, KY. – Humana Military Healthcare Services, a wholly owned subsidiary of Humana Inc., announced today the beginning of a Heart Failure Disease Management Program for approximately 8,000 TRICARE beneficiaries in South Carolina, Georgia, Florida, Alabama, Tennessee, Mississippi, Louisiana, Arkansas, Oklahoma and Texas.

Under the program, selected TRICARE patients with a history of heart disease will be contacted by a registered nurse who, working with managing physicians, will identify problems, establish goals and monitor those goals through regular follow-up. Patients will also be able to contact their assigned nurses to review treatment plans and to get answers to questions that arise as treatment is administered.

"The program's goal is to improve the patient's symptoms, their functional abilities and their overall quality of life by closely monitoring their treatment program and

their regular activities," said Dr. John Crum, Humana Military's chief medical officer.

Crum also noted, "This is a program that has one purpose and one purpose alone – to help patients deal effectively with a very serious medical condition."

The new disease management unit will be based in Louisville, Ky. Access for patients and physicians will be available through a dedicated toll-free telephone number.

"Humana Military Healthcare Services looks forward to having a positive impact on the quality of life for members of the military community affected by heart disease," said Rose Mary Royalty, director of the program. "Numerous studies have shown that regular, targeted involvement of medical professionals in the care regimen leads to slower progression of heart disease and better understanding what patients can do to help themselves."

Participation in the program will be strictly voluntary.

Patients will be identified and contacted on the basis of their medical history. Those who join the program will receive a special packet of materials, including a "Heart Failure Self Management Guide" to assist in monitoring symptoms and prescribed treatments. Humana nurses will also contact their physicians to coordinate participation.

Providers throughout the South, including those located in military hospitals and clinics, are encouraged to let

their heart failure patients know about this program. For more information, call Humana Military at (800) 444-5445.

(Source: Humana Military news release)



Brooke Army Medical Center Health Promotions July Class Schedule

Class	Date	Time
Diabetes Management	Monday	12:45 to 4:30 p.m.
Foot Care for Diabetics	Monday	1 to 2:30 p.m.
Diabetes Management	Tuesday	12:45 to 4:30 p.m.
Office Yoga	Wednesday	12 to 1 p.m.
Breast & GYN Cancer Support Group	Wednesday	1:30 to 3 p.m.
Body Fat Testing	July 15	8 to 11 a.m.
Breast Feeding Support Group	July 15	1 to 2:30 p.m.
Cholesterol Management	July 18	9 to 11:30 a.m.
Diabetes Management	July 18	12:45 to 4:30 p.m.
Arthritis Management	July 19	9:30 to 11 a.m.
Diabetes Management	July 19	12:45 to 4:30 p.m.
Getting Ready to Quit Tobacco	July 19	5 to 6:30 p.m.

Army Community Comeins

For Diabetes Management class, call 916-5000. For all other classes, call the Brooke

Army Medical Center Health Promotions at 916-3352.

Army Community Service Family Advocacy Program July Class Schedule

Class	Date	Class
Anger Management Awareness	Monday	11 a.m. to 12:30 p.m.
Basics of Breastfeeding	20	10 to 11:30 a.m.
Boys Only!		
Ages 6-8	Wednesday	10 to 11 a.m.
Ages 9-10	22	10 to 11 a.m.
Building Effective Anger	today, 14, 21 and 28	11 a.m. to 12:30 p.m.
Management Skills Series (3-6)		
Coping with Difficult People	18	1 to 2:30 p.m.
Getting Ready for Childbirth 1 and 2	21 and 28	9 a.m. to 12 p.m.
Girl Talk!		
Ages 9-10	27	10 to 11 a.m.
Healthy Pregnancy	18	9 a.m. to 12 p.m.

Class space is limited. To register for classes or for more information, call Army Community Services Family Advocacy Program at 221-0349 or 221-2418.

Fort Sam Houston News Leader **14** July 7, 2005

TROOP SALUTE



187th Medical Battalion



Officer of the Week Name: 2nd Lt. Andrea Favreau Unit: A Company Hometown: Berlin, N.H. Time in Service: Two years

Future Goals: Earn a graduate degree in exercise physiology

Reason for Enlisting: To serve my country

Latest Accomplishment: Acceptance into dietetic internship program

232nd Medical Battalion



Soldier of the Week

Name: Pfc. Christopher Antczak

Unit: F Company

Hometown: Chapel Hill, N.C

Future goals: I plan on to serve my country in the U.S. Army and continue further studies in

Reason for enlisting: I joined the Army because I wanted to make an effort to bring Soldiers back home to their families.

Junior Leader of the Week

Name: Pfc. Elizabeth Runion **Unit:** F Company

Hometown: Ashvile, Ohio

Future goals: I plan to go to warrant officer school and become a pilot.

Reason for enlisting: I joined the Army to serve my country and following my mother's foot-

Veterans share war stories



(From left) Staff Sgt. Jose Raymundo, Staff Sgt. Olga Terekhina, Master Sgt. Gwendolyn Mason, 1st Sgt. Eduardo Martinez, 1st Sgt. Armand Fermin and Staff Sgt. John Radziszevski, members of the Sergeant Audie L. Murphy Van Autreve Chapter, visit with Staff Sgt. James Johnson, a patient at the Audie Murphy Veterans Hospital. The Soldiers recently made a visit to the spinal injury ward and visited with hospitalized active and retired veterans.

RELIGIOUS HAPPENINGS .

Catholic Vacation Bible School

The Catholic community will sponsor a Vacation Bible School program at Dodd Field Chapel Monday to July 15. The theme will be "Serengeti Trek: Where Kids Are Wild About God." The program will include fun, memorable scripture-based activities. Each day, youth will sing songs, play teamwork-building games, take on a daily Bible challenge, experience Bible adventures, collect Bible memory buddies and create Bible point crafts. Registration is under way and is open to children from pre-kindergarten through sixth grade. For more information or to register, call Brian Merry at 221-5005 or e-mail brian.merry@samhouston.army.mil.

Praise band musicians needed

The Fort Sam Houston chapels are starting a new contemporary Protestant worship service. Volunteer Christian musicians are needed, to include drummers, electric guitarists (lead), keyboard players, bass guitarists and other instrumentalists and vocalists. If interested in attending a jam session for the praise band, call Michelle Taylor at 829-1670 or e-mail michelle.h.taylor@us.army.mil.

OCF Bible study

The Officers' Christian Fellowship will study Colossians. The group will meet for dinner at 6 p.m. followed by Bible study at 7 p.m. Friday, July 15 and 29; and Aug. 19 and 26 at 6 p.m. at 1008 Gorgas Circle (near the old Brooke Army Medical Center). For more information, call Lt. Col. Bob Griffith at 226-1295 or e-mail rgriffith3@satx.rr.com.

Chaplain Corps anniversary

The Chaplain Corps anniversary celebration will be July 29 starting at 11 a.m. with a worship service at Dodd Field Chapel followed by a luncheon at 12:30 p.m. The event continues with a memorial service at the Fort Sam Houston National Cemetery from 1:30 to 2:30 p.m. and a congregational picnic at 5 p.m. at Salado Creek. The picnic features the Catholic band, vendors and a petting zoo. For more information, call Chaplain (Lt. Col.) James Benson at 221-2755 or e-mail james.benson@samhouston.army.mil.

POST WORSHIP SCHEDULE

Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 to 5:15 p.m. - Confessions - Saturdays

5:30 p.m. - Mass - Saturdays

9:30 a.m. - Mass - Sundays

11:30 a.m. - Mass - weekdays

Protestant Services - Sundays: 8 a.m. - Traditional Protestant

11 a.m. - Traditional Protestant

Jewish Services: 379-8666 or 493-6660 Fridays: 8 p.m. - Worship and 8:30 p.m. - Oneg

Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-

Catholic Services - Sundays: 12:30 p.m. - Mass

Protestant Services: 10:30 a.m. - Collective Gospel Protestant - Sundays

9:30 to 11:30 a.m. - Women's Bible Study (PWOC) - Wednesdays, child care is provided.

Brooke Army Medical Center Chapel, Building

3600, 916-1105 **Catholic Services:**

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

11 a.m. - Mass - weekdays

Protestant Services:

10 a.m. - Worship Service - Sundays

Noon - Worship - Wednesdays

AMEDD Regimental Chapel, Building 1398, 221-

Troop Catholic Mass: Sundays:

10 a.m. - 32nd Med. Bde. Soldiers **Troop Protestant Gospel Services:**

Sundays: 11 a.m. - 32nd Med. Bde. Soldiers

Troop Protestant Service: Sundays: 9 a.m. -

32nd Med. Bde. Soldiers

Samoan Protestant Service: Sundays: 12:30 p.m.

FSH Mosque, Building 607A, 221-5005 or 221-5007

10:30 a.m. - Children's Religious Education -

1:30 p.m. - Jumma - Fridays

7:30 p.m. - Adult Religious Education - Thursdays

Evans Auditorium, 221-5005 or 221-5007

Mormon Services: 9:30 to 11:30 a.m. - Sundays Web site: www.samhouston.army.mil/chaplain

Fort Sam Houston News Leader





Photo by Phil Reidinger

Lt. Gen. Robert Clark, commanding general, Fifth U.S. Army, speaks at a Fourth of July celebration at the Fort Sam Houston National Cemetery.



Photo by 1st Sgt. Eduardo Martinez

Soldiers assigned to the NCO Academy Basic NCO Course class 005-05 are special Fourth of July parade guests in Startsville, Texas. They were recognized for their service supporting combat operations in Iraq and Afghanistan.



Photo by Mike Gann

Fort Sam Houston ambassador Drill Sgt. Carol Pryce joins Air Force ambassadors Senior Airman Simon Mace, Master Sgt. Vince Iapichino, Tech. Sgt. Brian Bendele and 1st Lt. Zarine Malesra on the military float during the Seguin "Biggest Small Town" Fourth of July parade.



Photo by Esther Garcia

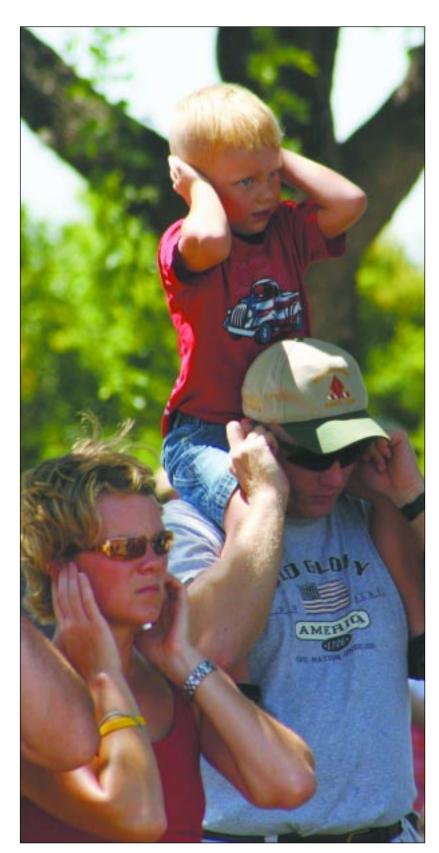
San Antonio Mayor Phil Hardberger, his daughter, Amy, City Councilwoman Shelia McNeil, Judith Markelz, Inge Godfrey, and Maj. Gen. George Weightman, commander, Army Medical Department Center and School and Fort Sam Houston, thank Soldiers and family members for their service to the nation during the Independence Day picnic at the Fisher House complex.



Photo by Esther Garcia

Jesse Burton, Soldier and Family Assistance Center volunteer, helps Master Sgt. Jonathan Hart serve a cake decorated in a patriotic theme during the Fourth of July party sponsored by the SFAC and Fisher Houses.

Fort Sam Houston celebrates Independence Day



Bystanders at the post's Fourth of July event cover their ears to drown out the cannon salute to each state. The salute is fired at noon on the Fourth of July at every post provided with suitable artillery.



Photos by Elaine Wilson

Wayne Justiss, a member of the Sons of the American Revolution, poses for a picture with Ethan Baker Monday during the post Fourth of July "Salute to the Union" at the MacArthur Parade Field. "I enjoyed the salute to the states, said Ethan's grandfather, Jim Baker. "Our children won't remember if we don't continue these types of ceremonies."



Indiana natives take the opportunity to pose for a picture next to their state flag Monday at the post's Fourth of July celebration. Each state's flag was on display at the event.



Soldiers from the Fort Sam Houston Special Troops Battalion Honors Platoon fire a cannon during a salute to the 50 states. The cannon salute is a traditional ceremony that commemorates the Declaration of Independence.

Post Pulse: What is your favorite vacation spot?



"Las Vegas – I like to get away and gamble." Terri Saenz and granddaughter, Victoria



not as hot as
Texas."
Raye
Krustchinsky and
daughter, Madeline

"Hawaii - It's



"The Missouri
Ozarks because I
love to fish"
Elmer Singleton

"Fredericksburg because I'm German" Mathilde Singleton



"Oahu,
Hawaii – I lived
there and know
the beaches."
Sgt. 1st Class
Henri Fournier

CHILD AND YOUTH SERVICES

Youth Happenings

Summer camp registration

The middle school and teen summer camp registration is ongoing for sixth through 10th graders at the Youth Center Monday through Friday from 10 a.m. to 8 p.m. There will be a variety of camps offered this year to include sports camp, culinary arts and computer camp. Camp will run from 6 a.m. to 5 p.m. followed by open recreation at the YC. The cost will range from \$65 to \$80 per week. Camp price includes breakfast, lunch, snack and activities during the week. Some camps have limited spaces. For more information, call Youth Services at 221-3502.

Youth horsemanship camp

Students ages 7 through 18 can learn proper riding forms as well as a variety of horse care techniques during any of the eight five-day sessions available through August. The cost is \$175. For registration information, call 224-7207.

Youth Services volunteers

YS is always looking for volunteers to assist with youth programs such as golf, roller hockey and tennis. They also need sports coaches, computerskilled people, craft experts and clerical experts. For more information, call the Youth Center at 221-3502.

Cooking classes

Cooking classes are held every Friday afternoon from 4 to 5 p.m. This Friday, youth will make a festive Jello salad.

Youth sports registration

There are still openings for the baseball, softball and T-ball season. Youth Services will be open from 10 a.m. to 7 p.m. for those interested in playing this season. The cost will be \$45 for the first child, \$40 for the second and \$35 for the third child of the same family. Children must be registered with Child and Youth Services and bring a birth certificate and proof of a physical. The cost for 3- and 4-year-olds first step T-ball is \$30 per child. For more information, call 221-3502 or 221-5513.

Youth cheer clinic

Youth Services sponsors a weekly cheer clinic at the Youth Center. There are two different age groups: 5- to 8-year-olds who meet Wednesdays from 6 to 7 p.m. and 8- to 12-year-olds who meet Mondays from 6 to 7 p.m. The cost is \$30 per month per child. All par-

ticipants must be registered with Child and Youth Services. For more information, call 221-3502 or 221-5513.

SAS registrations

Early onsite registration for the before and after school program at School Age Services will begin July 18 to 22 at Building 1705 from 9 a.m. to 6 p.m. Patrons will need to register for this program even if they are currently enrolled at SAS. To register, bring updated shot records, current physical records, pay vouchers and an \$18 fee per child if CYS membership is not current. For more information, call 221-4871 or 221-1723.

Parent News

PCI closure

Parent Child Incorporated Center will be out of session for children through Tuesday. Patrons needing assistance with child care may call Central Registration at 221-4871 or 221-1723. Beginning Tuesday, PCI will register youth. Eligibility is based on federal guidelines.

FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a nocost start-up plan. For more information, call 221-3820 or 221-3828.

Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. FCC offers full day, part day, before and after school care, hourly care, extended hourly care and long term care. For referral information or child registration, call Child and Youth Services Central Registration at 221-4871 or 221-1723.

CDC preschool program

The Child Development Center is conducting a survey for interest in the fall 2005 part day preschool program. Part day options would be three- and five-day preschool from 9 a.m. to 2 p.m. and would run through the school year. Lunch would be provided. To put your child's name on the preschool list, call Central Registration at 221-4871 or 221-1723.

PAC meeting

The next Child and Youth Services Parent Advisory Council meeting will be July 19 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is CYS parents' opportunity to learn about upcoming events, meet staff and address concerns.

Check wait list

Patrons on the full-time day care wait list at the Child Development Center should check their status on the wait list to avoid losing status. To check status, call Central Registration at 221-4871 or 221-1723.



The 2005 National Night Out has been scheduled for Aug. 2. Fort Sam Houston will once again be participating in NNO. The goal is to have all housing areas hosting at least one NNO party. The Fort Sam Houston Police cordially invites the community to be a part of the '2005 NNO' team.

NNO is designed to heighten crime prevention awareness; generate support and participation in local anti-crime programs; strengthen neighborhood spirit and police-community relations; and send a message to criminals letting them know that

neighborhoods are organized and fighting back.

Along with the traditional display of outdoor lights, Fort Sam Houston neighborhoods can celebrate NNO with a variety of events and activities such as block parties, cookouts, potluck dinners, visits from local police and fire officials, and participate in contests and games. Each neighborhood is encouraged to participate in NNO and does not have to be in a Neighborhood Watch Program to participate. NNO has proven to be an effective, inexpensive and enjoyable program to promote neighborhood spirit and police-community partnerships in the fight for a safer installation. Plus, the benefits the community will derive from NNO will most certainly extend well beyond the one night.

Party hosts will receive a commemorative T-shirt and other gifts (supplies are limited). There will be a special gift for first five confirmed parties. For more information, call Linda Furlow, crime prevention, at 221-9686 or e-mail linda.furlow@samhouston.army.mil

Name and rank:	
Fort Sam Houston address:	
E-mail:	Phone number:
Location of party:	
Start time: End time	e:
List any special activities (moon bounce, d	unking booth, DJ, ice cream social,
BBQ, potluck etc.):	
Special request (limited availability): Po	lice, McGruff, bike patrol, provost
marshal, fire department, Sparky the fire	dog; K9, garrison commander and

Complete and return by July 22 to the Fort Sam Houston Military Police, ATTN: Crime Prevention, 2404 New Braunfels Avenue, Building 2250, Fort Sam Houston, Texas 78234, or fax 221-9173.

sergeant major, installation commander and chief of staff etc.):

Contact the crime prevention section if you must withdraw from any activities.

FSHISD gets donation



Courtesy photo

Jeff Pruett, vice president of business banking at Wells Fargo, presents school board president Keith Toney and Gail Siller, Fort Sam Houston Independent School District superintendent, with a \$2,651 donation check that will be used to enhance math and science instructional programs.

Juvenile curfew hours

Curfew hours are Sunday through Thursday, 10:30 p.m. to 6 a.m. and Friday and Saturday, midnight to 5 a.m. The curfew is for children 17 or younger. Valid reasons for minors being out during the designated hours are children accompanied by a parent or guardian, attending a school-, religious-, or government-sponsored activity, or going to or coming from work.

For more information, call crime prevention at 221-9686. (Source: Provost Marshal Office)

MWR.

Recreation and Fitness

Archery lessons

The Outdoor Equipment Center offers individual and group archery lessons. Instruction is given at the level of experience. Children are welcome, but must be accompanied by an adult if under the age of 18. Participants should wear full-covered shoes and not wear oversized shirts or pants. For more information, call the Archery Shop at 221-5225.

Aquatic Center

The Aquatic Center is now open. The 50meter Olympic size swimming pool is open daily from noon to 8 p.m. The center has three amusement park-style water slides, a kiddie pool and locker rooms with showers. For more information, call the Aquatic Center at 221-4887.

Free morning aerobics

Free morning aerobics classes at the Jimmy Brought Fitness Center are Monday through Friday at 5 a.m. There is also a free step aerobics class at 6 a.m. on Mondays and Wednesdays.

Yoga and Pilates class

Yoga and Pilates class is offered at the Jimmy Brought Fitness Center on Tuesdays from 4:45 to 5:30 p.m. The cost is \$2 per class or \$24 for a 16-class pass.

Summer hours for catfish pond

The catfish pond at Camp Bullis is open Saturdays and Sundays from 4 to 8 p.m. The pond is pay-as-you-go. Catfish are \$1.75 per pound, live weight. Catch and release is not authorized. A fishing license is not required, and there is no daily fee. For more information, call 295-7577.

AC service at the Auto Craft Shop

Beat the heat with air conditioning service at the Auto Craft Shop. All AC services are \$30 plus the cost of Freon and a \$2 environmental fee. Visit the MWR Web site at www.fortsamhoustonmwr.com for a \$5 off coupon. For more information, call 221-

Swimming lessons

Two week-long swimming lessons are available at the Aquatic Center Monday to July 22 and July 25 to Aug. 5. For more information, call the Aquatic Center at 221-4887 or visit www.fortsamhoustonmwr.com.

Dining and Entertainment

Sam Houston Club, 224-2721 **Sunday brunch**

The Sunday brunch will be July 17 from 10 a.m. to 1:30 p.m. the cost is \$11.95 for members and \$13.95 for nonmembers and will include a complimentary glass of champagne.

Bingo

Come play bingo every Thursday and Friday; doors open at 5 p.m. and Saturday the doors open at 11 a.m. Youth 10 and older may play when accompanied by an adult. There is a free buffet for all bingo players.

Lunch buffet

The Sam Houston Club features an "All You Can Eat" lunch buffet which includes beverage, deluxe salad bar, soup and dessert Monday through Friday from 11 a.m. to 1 p.m.

Bowling Center, 221-3683

Military doubles tournament

This tournament is scheduled for July 23 and 24. Registration is \$30 per doubles team and open to all Department of Defense ID cardholders. A \$400 first prize will be awarded. **Unlimited bowling**

There will be unlimited bowling every Friday from 5 to 10 p.m. for \$5.95. **Youth bowling clinic**

The Bowling Center sponsors a youth bowling clinic July 16, 17 and 18 from 8 a.m. to 4 p.m. The clinic is open to youth

bowlers ages 12 to 18 of all skills levels. The cost is \$50 (a \$400 value). The registration deadline is Friday; call now to reserve. Adult bowling clinic

There will be an adult bowling clinic July 22, 23, 24 and 25 from 8 a.m. to 4 p.m. The clinic is open to adult bowlers of all skill levels. The cost is \$100 (a \$400 value). The registration deadline is July 16.

Family bowling day

Every Sunday, adults and children 12 and up pay \$1.75 per game (children under 12 bowl free). Shoe rental is \$1.

Soldier appreciation

Soldier appreciation day is Saturdays from noon to 6:45 p.m. The center offers free shoe rental and medium soda with purchase of game.

Cyber Bowl

Cyber Bowl is Saturdays from 7 to 9 p.m. The cost is \$10 per person 12 and up and \$5 per person under 12.

Golf Club, 221-4388

Summer Junior Camp at Golf Club

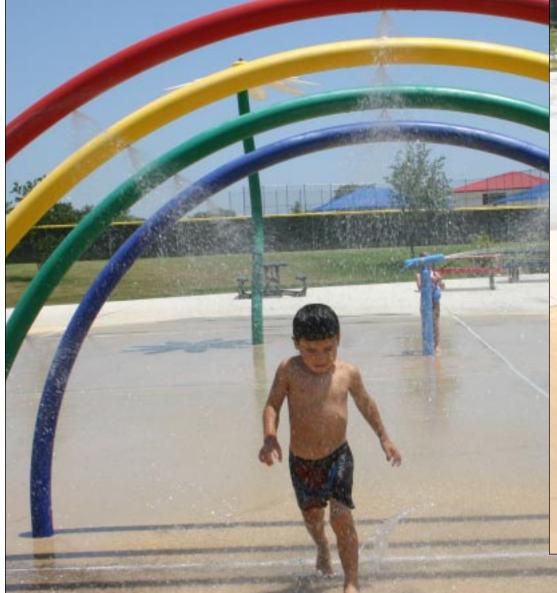
Instruction on putting, chipping, etiquette, safety, irons, driver, fairway and woods is available at the Golf Club. The cost is \$110 and includes a new set of clubs. **Golf lessons**

Private customized and personalized instruction are offered at the golf course.

MWR Ticket Office

The ticket office has discount tickets available for various events. Through August, ticket office hours are Tuesdays through Fridays 10 a.m. to 5 p.m., Saturdays 10 a.m. to 2 p.m., and closed Sundays and Mondays. For more information, call 226-1663 or visit www.fortsamhoustonmwr.com.

Cool place



A youth cools off in a rainbow sprinkler at the post's Splash Pad. The Splash Pad is open seven days a week and features a variety of sprinklers for children and shaded areas with picnic tables for adults. It's located off of Winans Road between the youth centers. For more information or to make party reservations, call 221-3502.



Photos by Elaine Wilson

Amanda Kelleher helps her daughter, Haley, and friend, Jacob Aviles, with a water gun at the post's Splash Pad. The pad has a variety of sprinklers to help youth beat the summer heat.



Happenings

Palo Alto College Scholarships

The Conjunto Music Program at Palo Alto College will offer scholarships, which range from \$500 to \$1,000 per semester, to musicians who successfully pass an audition, enroll at PAC and join the program's performing ensemble. Interested musicians should be proficient as a vocalist, or in one or more of the following instruments: button accordion, bajo sexton, bass or drums. Proficiency in other instruments such as the guitar, saxophone, keyboards and percussion will also be considered. Auditions will be conducted throughout July and August. For more information, call 531-9505.

Publication seeks war stories

War Stories Journal, a new e-publication produced by S. Daniel Smith, requests stories from current and former members of the armed forces. The quarterly's launch will mark the first journal that tells history from the first-person viewpoint of those who were there. First person narratives and photos will depict wartime and peacetime activities. Fiction writing will also be showcased, according to the publisher. Writers can find submission guidelines on the quarterly's Web site at http://sdansmith.tripod.com.

Rainbow Kids' audition

Fort Sam Houston's Youth Services will hold open auditions for this performing arts group Aug. 6 at 4 p.m. at the School Age Services, Building 1705, located on Winans and Dodd Roads across from the chapel. The audition is for boys and girls ages six to 13 who like to sing, dance and perform comedy or special acts. For more information, call the Youth Center at 221-3502 or 221-4882, the SAS at 221-4466 or Ron Joy at 348-8014 or 295-2093 or via e-mail at rj96707@yahoo.com.

Adopt-a-child back-to-school

Daughters of Charity Services will sponsor their annual "Adopt-a-Child Back-to-School" program to help children with school clothes and supplies. Suggested sponsorship costs are \$100 per child which includes a pair of shoes, new pants, top, socks, underwear and school supplies. For more information or to register, call at 921-0071. Registrations must be done by July 25, and items must be delivered by Aug. 5.

Back to school supply drive

The Alamo City Chapter of the American Society of Military Comptrollers will sponsor a "Back to School Supply Drive" to benefit Dare To Love and The Rainbow Room. Collections will continue through Tuesday. For more information, call Michele Buckley at 536-3563 or e-mail Michele.Buckley@brooks.af.mil.

Race Unity Day

Celebrate diversity at the next annual Race Unity Day July 17 from 1 to 9 p.m. at

Villita Assembly Building, 104 Villita St. There will be free food and entertainment for all. For more information, call 281-9628.

Poster contest

The Fiesta 2006 poster contest is under way. The Fiesta commission will accept entries through noon Aug. 5. The winner will receive \$5,000. For more information, visit www.fiesta-sa.org.

Early on Bright Ideas Café

KLRN will sponsor a series of free classes for parents, child care providers and children during the summer. Each session will provide families with hands-on learning activities, which prepare preschool children for success. For more information, call 270-9000, extension 2246.

Kraft youth essay contest

Kraft Foods, under its "Salute to Military Families" program, will sponsor a youth essay awarding three \$1,000 U.S. Savings Bonds. To enter the contest, military children should write an essay, not to exceed 1,000 words, on "The Person I Admire." The essay should be postmarked before Aug. 1 and mailed to San Antonio Missions Baseball Club, Post Cereal Youth Essay Contest, 5757 Highway 90 West, San Antonio, TX, 78277. For more information, call 221-2307.

Bat boy (girl) opportunity

Kraft Foods will honor military children with its bat boy program. The honorary bat boys (or girls) will receive a Missions cap and special T-shirt, tickets for the family to attend the game, and participate on the field for the opening ceremonies at home games Friday, Saturday or Sunday. To register for bat boy, send a postcard to the San Antonio Missions Baseball Club at Kraft Singles Honorary Bat boy, 5757 Highway 90 West, San Antonio, TX, 78277. For more information, call 221-2307.

Free SeaWorld admissions

Anheuser-Busch adventure parks will salute the men and women of the armed forces and their families throughout 2005 under its "Here's to the Heroes" special. Military members and as many as three direct dependents may enter any one of Anheuser-Busch's SeaWorld, Busch Gardens or Sesame Place parks with a single-day complimentary admission. Eligible members can either register online at www.herosalute.com or in the entrance plaza of participating parks, and must show a Department of Defense photo ID. For more information, visit www.herosalute.com.

Meet walkaround Elmo

Elmo from Sesame Street will come to San Antonio to Ingram Park Mall, 6301 NW Loop 410, July 16 from 10 a.m. to 2 p.m. Early ON and the KLRN Kids Club will host this free event open to the public. Elmo will be available to meet children, and parents are encouraged to bring their camera and take a picture of their child. For information, call 210-270-9000 or visit www.klrn.org/klrnkids.

Volunteer

Volunteer for animal shelter

Southern Animal Rescue Association, provides homeless companion animals with unconditional life, food, shelter and life in a permanent, safe and healthy environment. The shelter needs volunteers to wash dogs, play with the animals and take them for walks for a half-day on Saturday from 9 a.m. to 1 p.m. For more information, e-mail sara_rescue@yahoo.com or call 490-3365.

Pediatric dental patients needed

The Lackland Pediatric Dental Service needs pediatric patients for its dental training programs. Dental screenings will be provided for all eligible military medical beneficiaries between ages 7 and 13 from 8 to 11 a.m. Wednesday at the Skylark Community Center, Building 6576, in the Longhorn Room on the first floor. No appointments are necessary. Children will receive a dental screening exam, appropriate treatment and follow-up recommendations or alternatives. If available, parents should bring a copy of their child's treatment plan (or referral letter) from their private dentist. For more information, call Staff Sgt. Shannon Lilley at 292-4072.

Community service opportunity

The Alamo City chapter of the American Society of Military Comptrollers will sponsor a community service activity Saturday at Sunshine Plaza, 455 East Sunshine Drive. The Sunshine Plaza is an assisted living apartment complex of fixed-income residents. It will be a great chance to give time to members of the community. Activities will begin at 9 a.m. and end by noon. For more information, call Celeste Carrola at 536-4180 or e-mail Celeste.Carrola@brooks.af.mil.

Exchange student sponsorship

Host parents, with or without children, are needed to sponsor international exchange students for the 2005-2006 academic year. The students (ages 15 to 18) will arrive in early August. The parents will need to provide a bed, meals, friendship and share the American way of life. The students will speak English, have medical insurance and their own spending money. For more information, call Yvette Coffman at SHARE Southwest Regional Office at (800) 941-3738 or visit the Web site at www.sharesouthwest.org.

Volunteer ombudsmen needed

The Alamo Area Council of Governments' Alamo and Bexar area agencies on aging are looking for caring individuals to become certified volunteer ombudsmen. Ombudsmen are advocates for elders' rights. The ombudsmen programs are composed primarily of volunteers. AACOG staff administers a specialized training program, certified by the Texas Department of Aging and Disability Services, to teach volunteers how to advo-

cate for the elderly in long-term care. For more information, call 362-5226 for Bexar County or 362-5223 for the Alamo Region or visit www.aacog.com/aging.

UFE procedure available

The department of interventional radiology at Wilford Hall Medical Center is accepting patients for nonsurgical treatment of symptomatic uterine fibroids. Uterine artery embolization is a minimally invasive, safe and effective procedure that can be performed for most patients with symptomatic uterine fibroids. People who desire an evaluation should call 292-5262 and ask for Maj. George Leon, Lt. Col. David Condie or Lt. Col. Thomas Seay.

WHMC periodontics seeks patients

The Wilford Hall Medical Center Department of Periodontics at Lackland Air Force Base seeks patients with specific needs for treatment in the periodontics residency program. Applicants must be a military retiree, family member of a retiree or family member of an active duty member and have been recently determined by a dentist to have an existing periodontal condition. Eligible patients must have a written consult from their referring dentist and can either bring it to MacKown Dental Clinic or fax it to 292-5193. For more information, call 292-7273.

BAMC needs volunteers

Brooke Army Medical Center seeks volunteer drivers for its caremobiles, which transport patients from the BAMC parking lot to the clinic entrance. The hospital also needs volunteers for its patient library to distribute materials to clinics and patients. For more information, call Laura Hansbrough at 916-5083 or Jessica Veilluex at 916-3862.

Professional Development

Battle, force tracking courses

Army Medical Department Center and School will offer its next training courses in today's art and science of warfare to include the Army Battle Command Systems July 18. For more information, call Marvin Danzy at 221-0640 or e-mail marvin.danzy@amedd. army.mil.

Meetings

Audie Murphy Club meeting

The Sergeant Audie Murphy Club Sgt. Maj. of the Army Leon Van Autreve Chapter will meet July 20 from 12 to 1 p.m. at Sam's Sports Bar, H Club. All SAMC and Sgt. Morales members are welcome to attend the meeting and to become a member of the local chapter.

FORT FREEBIES

Freebies are published on a first-come, first-served basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to news.leader@samhouston.army.mil or fax to 221-1198. Ensure your military and Fort Sam Houston civil service status, phone number and name appear on request. Freebies run for one week unless submitter calls to renew. There is a two-week maximum and a limit of five items per entry. For more information, call 221-1031.

For Sale: Frigidaire electric stove older model, works great, \$2; Lack's solid pine twin trundle frame without mattress, \$40; hospital bed with side rails, \$200. Call 564-0767.

For Sale: Border Collie puppy, tricolor L/H pure bred female, Manx cat and Manx kittens lynx point S/H, \$25 each adoption fee. Call 650-4174.

For Sale: 1996 VW Golf DL, four-

door, hatchback, 2 liter, four cylinder, 75K miles, five speed manual, anti-lock brake system and air bags, new timing belt and four radial tires. Call 916-2937 or 494-7849.

For Sale: 1965, four-door Pontiac tempest, runs great, one owner, \$4,500 obo. Call 240-9693.

For Sale: Mary Kay skin care and

Continued from Page 21

cosmetics, 60 to 75 percent off, need to sell. Call Liz at 437-2958.

For Sale: Three-piece infant travel system, includes car seat, carriage and base, \$60; six-speed musical swing, \$40; three-level mobile walker, \$25; Pack and Play, \$40; Diaper Genie with cover, \$12. Call 222-1656.

For Sale: Weight set, Golds Gym apparatus with Olympic weights of 235 pounds (straight bar) and standard weights of 280 pounds (straight bar, curl bar and dumbbells). All weights are made of steel, \$400, negotiable; two computers (monitor, CPU, keyboard), \$50 each. Call 226-6033.

For Sale: New mini pocket bike (GP MX3), goes up to 40 miles, owners manual, bike stand and tools included, \$250. Call Vivian at 843-8943 or 824-7034.

For Sale: Like-new white Kenmore refrigerator and freezer, paid \$508 two

years ago, asking \$290 obo. Call Major Ross at 295-0468 or 299-1273.

For Sale: Sharp TV, 27-inch, \$150; Kenwood 600-watt home theater system, \$200; Homedics anti-gravity massage chair, \$150; tile top round kitchen table with four chairs, \$100; oak entertainment center, brand new, \$275. Call 595-6863.

For Sale: Two-year-old futon, \$65. Call 447-7795.

For Sale: Thirty-two-inch chimenea with stand, \$30. Call 490-5240 or 213-2182.

For Sale: 1981 Chevy Corvette, collector's item, in process of restoration and cannot complete, \$8,100. Call 661-3051 after 6 p.m.

For Sale: IBM Aptiva Pentium II, 400MHz, 8GB HD, 56K modem, CD ROM, DVD ROM, Windows 98, Lotus Software Suite, 64MB Ram, 15-inch CRT monitor, keyboard, mouse, speakers, \$75 obo. E-mail anarmyfamily@gmail.com

for pictures or call 568-3883.

For Sale: Dianne Flack glass sofa table and matching end table, \$250; Samsung 19-inch color TV, \$50; Zenith VCR, \$20; decorative wall mirrors, \$15 and up. Call 826-9073 or 535-3635.

For Sale: Black iron and wood bunk bed, bottom is a double bed that makes into a futon couch, paid \$800, will sell for \$200. A white 8-month old Pekingese with papers, breedable, paid \$900, will sell for \$500; 1994 Geo Tracker, new top, new axle, many new parts, will sell for parts or as is, \$800. Call 310-7900 or 367-9089.

For Sale: Fifty-five gallon aquarium with oak stand, \$200; boys clothing, 3T and 4T sizes. Call Denise at 382-0766.

For Sale: Samsung 52-inch HDTV-ready TV, \$500; Phillips Magnavox 27-inch TV, \$150. Call 722-8469.

For Sale: Eight-week-old Blue Heeler mixed puppies, have first shots and have

been dewormed, come with a bag of dog food and their shot records, 10 left, \$45. Call 832-0061 or 394-7274.

For Sale: Kitchen set, \$75; bench toy box \$45; play work bench, \$50. Call Sarah at 637-6415 or 279-6826.

For Sale: Dinette set, round glass top with four chairs, \$120; wood computer desk with hutch, \$50; microwave oven, \$25; commercial copier, \$120; end table, \$35. Call Sandy at 241-1291 or 637-7322.

For Sale: 1998 Harley Davidson Heritage Softtail, 7800 miles, many extras, \$12,500; 1999 Dodge Ram 1500, 98K miles, a/c, AM/FM cassette, five speed, cruise control, tool box, bedliner, \$5,500 obo. Call 225-4603 or 849-7396.

Free: Kittens, three males and three females, will be available for adoption July 15. Call 826-6896.

Wanted: Good running, cheap, dependable car for work. Call 310-7900 or 367-9089.